

1. Health rating

In general, how would you rate your own health?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Excellent	16%	16%	17%	22%	14%	15%	13%	11%	18%	22%
Good	60%	58%	62%	60%	61%	59%	64%	61%	60%	57%
Only fair	18%	20%	16%	13%	19%	19%	19%	20%	17%	16%
Poor	4%	5%	4%	2%	4%	6%	3%	6%	3%	4%
Prefer not to answer	2%	2%	2%	3%	2%	1%	1%	2%	2%	1%
Totals (Unweighted N)	100% (1,000)	100% (491)	100% (509)	100% (170)	100% (236)	100% (397)	100% (192)	100% (356)	100% (429)	100% (215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Excellent	16%	16%	14%	19%	9%	20%	11%	23%	18%	18%	16%	13%
Good	60%	61%	60%	54%	59%	60%	62%	67%	59%	59%	61%	61%
Only fair	18%	17%	16%	22%	23%	16%	24%	9%	17%	17%	16%	22%
Poor	4%	4%	5%	3%	7%	4%	—	0%	5%	6%	4%	2%
Prefer not to answer	2%	1%	5%	1%	2%	—	3%	—	2%	—	4%	1%
Totals (Unweighted N)	100% (1,000)	100% (792)	100% (107)	100% (101)	100% (357)	100% (285)	100% (49)	100% (148)	100% (162)	100% (190)	100% (329)	100% (319)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Excellent	16%	81%	20%	3%	2%	—
Good	60%	18%	76%	62%	27%	20%
Only fair	18%	1%	3%	32%	45%	7%
Poor	4%	—	1%	3%	24%	—
Prefer not to answer	2%	—	1%	0%	2%	73%
Totals (Unweighted N)	100% (1,000)	100% (66)	100% (450)	100% (343)	100% (126)	100% (11)

2. Physical fitness rating

How would you rate your own level of physical fitness?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Excellent	7%	7%	7%	13%	5%	4%	7%	6%	8%	6%
Good	46%	47%	46%	49%	47%	46%	43%	43%	50%	45%
Only fair	32%	33%	32%	26%	30%	36%	39%	35%	29%	37%
Poor	13%	12%	13%	9%	16%	13%	10%	15%	11%	10%
Prefer not to answer	2%	2%	2%	3%	2%	1%	1%	1%	1%	2%
Totals (Unweighted N)	100% (996)	100% (491)	100% (505)	100% (170)	100% (236)	100% (394)	100% (191)	100% (355)	100% (426)	100% (215)

	Race			Family Income				Region				
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Excellent	7%	6%	10%	11%	5%	10%	1%	7%	7%	9%	7%	5%
Good	46%	47%	45%	43%	43%	50%	45%	57%	51%	45%	45%	47%
Only fair	32%	33%	36%	29%	31%	30%	51%	32%	27%	34%	30%	38%
Poor	13%	13%	9%	14%	20%	9%	1%	5%	13%	12%	15%	9%
Prefer not to answer	2%	2%	—	3%	0%	—	3%	—	2%	0%	2%	1%
Totals (Unweighted N)	100% (996)	100% (789)	100% (107)	100% (100)	100% (354)	100% (284)	100% (49)	100% (148)	100% (160)	100% (190)	100% (329)	100% (317)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Excellent	7%	100%	—	—	—	—
Good	46%	—	100%	—	—	—
Only fair	32%	—	—	100%	—	—
Poor	13%	—	—	—	100%	—
Prefer not to answer	2%	—	—	—	—	100%
Totals (Unweighted N)	100% (996)	100% (66)	100% (450)	100% (343)	100% (126)	100% (11)

3. Running without stopping

How far could you run without stopping?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
More than 5 miles	5%	6%	4%	10%	7%	2%	—	3%	6%	6%
At least a couple of miles	10%	12%	7%	17%	12%	8%	2%	7%	12%	9%
A mile	10%	10%	9%	10%	13%	9%	5%	8%	12%	7%
Half a mile	12%	15%	10%	18%	13%	11%	4%	12%	11%	15%
Quarter of a mile	14%	15%	14%	14%	14%	15%	13%	14%	13%	17%
100 yards	15%	12%	17%	10%	12%	19%	18%	13%	15%	16%
Less than 100 yards	25%	21%	30%	13%	20%	27%	46%	34%	21%	22%
Prefer not to say	9%	8%	10%	8%	8%	8%	13%	9%	9%	8%
Totals (Unweighted N)	100% (997)	100% (489)	100% (508)	100% (170)	100% (235)	100% (395)	100% (192)	100% (354)	100% (428)	100% (215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
More than 5 miles	5%	4%	10%	8%	5%	4%	1%	5%	3%	5%	7%	3%
At least a couple of miles	10%	9%	8%	14%	6%	8%	12%	22%	14%	8%	10%	8%
A mile	10%	10%	16%	4%	7%	12%	12%	14%	8%	9%	9%	12%
Half a mile	12%	11%	13%	15%	10%	16%	16%	7%	9%	10%	13%	15%
Quarter of a mile	14%	16%	9%	12%	10%	17%	21%	18%	12%	14%	15%	16%
100 yards	15%	17%	6%	9%	17%	18%	6%	13%	21%	18%	13%	11%
Less than 100 yards	25%	24%	29%	32%	37%	21%	22%	15%	21%	30%	24%	26%
Prefer not to say	9%	9%	10%	6%	8%	4%	10%	5%	11%	6%	9%	9%
Totals (Unweighted N)	100% (997)	100% (791)	100% (105)	100% (101)	100% (355)	100% (284)	100% (49)	100% (148)	100% (162)	100% (188)	100% (328)	100% (319)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
More than 5 miles	5%	41%	5%	0%	—	—
At least a couple of miles	10%	20%	15%	4%	—	—
A mile	10%	7%	15%	5%	4%	—
Half a mile	12%	6%	16%	12%	7%	—
Quarter of a mile	14%	10%	16%	17%	7%	—
100 yards	15%	8%	14%	18%	13%	—
Less than 100 yards	25%	3%	12%	34%	63%	7%
Prefer not to say	9%	4%	7%	10%	7%	93%
Totals (Unweighted N)	100% (997)	100% (65)	100% (448)	100% (343)	100% (126)	100% (11)

4. Exercise improve health

How much do you think exercising for physical fitness can improve a person's chances for a long and healthy life?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
A lot	69%	66%	73%	74%	66%	67%	74%	68%	72%	65%
A little	24%	27%	22%	19%	26%	28%	23%	28%	19%	31%
Not at all	1%	2%	0%	2%	2%	1%	0%	0%	2%	2%
Not sure	5%	5%	5%	5%	7%	4%	3%	4%	7%	2%
Totals (Unweighted N)	100% (999)	100% (491)	100% (508)	100% (170)	100% (236)	100% (397)	100% (191)	100% (356)	100% (428)	100% (215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
A lot	69%	69%	60%	78%	66%	71%	75%	71%	76%	70%	65%	71%
A little	24%	25%	33%	16%	25%	24%	23%	27%	20%	24%	28%	23%
Not at all	1%	1%	2%	2%	2%	2%	—	1%	1%	2%	2%	1%
Not sure	5%	5%	5%	5%	7%	3%	2%	1%	3%	5%	6%	5%
Totals (Unweighted N)	100% (999)	100% (791)	100% (107)	100% (101)	100% (357)	100% (284)	100% (49)	100% (148)	100% (162)	100% (190)	100% (329)	100% (318)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
A lot	69%	84%	73%	64%	67%	18%
A little	24%	7%	22%	31%	28%	26%
Not at all	1%	4%	1%	1%	3%	—
Not sure	5%	5%	4%	4%	2%	57%
Totals (Unweighted N)	100% (999)	100% (66)	100% (449)	100% (343)	100% (126)	100% (11)

5. Exercise improve appearance

How much do you think exercising for physical fitness affects a person's attractiveness?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
A lot	47%	46%	47%	56%	48%	43%	42%	50%	45%	45%
A little	37%	39%	35%	28%	35%	42%	39%	32%	36%	45%
Not at all	8%	8%	8%	5%	7%	9%	11%	10%	8%	6%
Not sure	8%	7%	10%	11%	9%	6%	8%	8%	10%	4%
Totals (Unweighted N)	100% (998)	100% (490)	100% (508)	100% (169)	100% (236)	100% (396)	100% (192)	100% (356)	100% (427)	100% (215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
A lot	47%	43%	46%	66%	46%	48%	56%	49%	44%	41%	46%	55%
A little	37%	40%	39%	18%	32%	39%	35%	45%	37%	44%	37%	29%
Not at all	8%	8%	9%	9%	12%	8%	2%	2%	13%	6%	9%	6%
Not sure	8%	9%	7%	7%	10%	5%	7%	4%	6%	9%	8%	10%
Totals (Unweighted N)	100% (998)	100% (790)	100% (107)	100% (101)	100% (355)	100% (285)	100% (49)	100% (148)	100% (162)	100% (189)	100% (328)	100% (319)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
A lot	47%	68%	50%	42%	38%	26%
A little	37%	15%	37%	43%	36%	7%
Not at all	8%	12%	6%	7%	18%	—
Not sure	8%	5%	7%	8%	8%	68%
Totals (Unweighted N)	100% (998)	100% (66)	100% (450)	100% (342)	100% (125)	100% (11)

6. Keep track of health

Now thinking about your health overall, do you currently keep track of your own weight, diet, or exercise routine, or is this not something you currently do?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	55%	51%	59%	43%	49%	60%	72%	61%	50%	59%
No	39%	42%	36%	47%	42%	37%	27%	34%	42%	38%
Don't know	6%	6%	5%	10%	9%	3%	1%	5%	7%	3%
Totals (Unweighted N)	100% (998)	100% (490)	100% (508)	100% (170)	100% (234)	100% (397)	100% (192)	100% (356)	100% (427)	100% (215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Yes	55%	56%	60%	48%	48%	56%	75%	70%	57%	52%	51%	65%
No	39%	39%	34%	42%	43%	41%	18%	29%	38%	42%	42%	32%
Don't know	6%	5%	5%	11%	8%	2%	7%	1%	6%	6%	7%	3%
Totals (Unweighted N)	100% (998)	100% (791)	100% (107)	100% (100)	100% (356)	100% (285)	100% (49)	100% (148)	100% (161)	100% (190)	100% (329)	100% (318)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Yes	55%	84%	63%	51%	29%	16%
No	39%	14%	33%	45%	62%	20%
Don't know	6%	2%	5%	4%	9%	64%
Totals (Unweighted N)	100% (998)	100% (66)	100% (448)	100% (343)	100% (126)	100% (11)

7. Experienced changes in health

In the last 12 months, have you personally experienced any significant change in your physical health, such as gaining or losing a lot of weight, becoming pregnant, or quitting smoking?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	29%	25%	33%	38%	31%	27%	18%	32%	27%	29%
No	67%	69%	64%	57%	59%	72%	82%	66%	67%	68%
Don't know	4%	6%	3%	5%	10%	1%	0%	2%	6%	3%
Totals (Unweighted N)	100% (995)	100% (488)	100% (507)	100% (170)	100% (235)	100% (396)	100% (189)	100% (355)	100% (426)	100% (214)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Yes	29%	27%	38%	32%	32%	21%	36%	26%	32%	26%	31%	27%
No	67%	69%	57%	60%	61%	78%	63%	73%	65%	71%	64%	69%
Don't know	4%	3%	4%	8%	7%	1%	1%	1%	4%	3%	5%	4%
Totals (Unweighted N)	100% (995)	100% (790)	100% (105)	100% (100)	100% (354)	100% (285)	100% (49)	100% (146)	100% (162)	100% (190)	100% (326)	100% (317)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Yes	29%	19%	28%	32%	32%	22%
No	67%	80%	68%	64%	64%	26%
Don't know	4%	1%	4%	3%	4%	52%
Totals (Unweighted N)	100% (995)	100% (66)	100% (449)	100% (340)	100% (126)	100% (11)

8. Get enough exercise

Do you feel that you probably get as much physical exercise as you should, or do you feel you should probably be getting more physical exercise?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Get as much as you should	20%	22%	18%	21%	23%	17%	18%	19%	19%	23%
Should be getting more	75%	73%	77%	69%	68%	81%	81%	77%	74%	74%
Don't know	5%	5%	5%	10%	8%	2%	1%	4%	7%	3%
Totals (Unweighted N)	100% (998)	100% (489)	100% (509)	100% (170)	100% (235)	100% (397)	100% (191)	100% (354)	100% (429)	100% (215)

	Race			Family Income				Region				
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Get as much as you should	20%	19%	24%	18%	20%	21%	25%	20%	19%	18%	20%	21%
Should be getting more	75%	76%	71%	72%	73%	78%	71%	78%	75%	77%	74%	74%
Don't know	5%	5%	5%	9%	7%	1%	4%	2%	6%	5%	6%	5%
Totals (Unweighted N)	100% (998)	100% (791)	100% (106)	100% (101)	100% (356)	100% (284)	100% (49)	100% (148)	100% (162)	100% (190)	100% (327)	100% (319)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Get as much as you should	20%	58%	28%	6%	6%	19%
Should be getting more	75%	36%	67%	90%	90%	29%
Don't know	5%	6%	5%	4%	4%	52%
Totals (Unweighted N)	100% (998)	100% (65)	100% (449)	100% (343)	100% (126)	100% (11)

9. Do any exercise

Aside from your normal daily activities, do you do any type of exercise program that helps keep you physically fit, or not?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	39%	37%	40%	30%	41%	38%	49%	37%	39%	41%
No	57%	58%	55%	63%	51%	60%	50%	61%	53%	57%
Don't know	5%	5%	5%	8%	8%	2%	0%	3%	8%	2%
Totals (Unweighted N)	100% (999)	100% (490)	100% (509)	100% (170)	100% (236)	100% (396)	100% (192)	100% (356)	100% (429)	100% (214)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Yes	39%	39%	38%	37%	31%	44%	48%	52%	36%	39%	38%	41%
No	57%	58%	56%	52%	63%	54%	49%	47%	59%	57%	57%	55%
Don't know	5%	4%	5%	11%	6%	2%	4%	0%	5%	5%	5%	4%
Totals (Unweighted N)	100% (999)	100% (792)	100% (107)	100% (100)	100% (356)	100% (285)	100% (49)	100% (148)	100% (162)	100% (190)	100% (328)	100% (319)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Yes	39%	75%	53%	22%	11%	27%
No	57%	24%	43%	74%	85%	21%
Don't know	5%	1%	4%	5%	4%	52%
Totals (Unweighted N)	100% (999)	100% (66)	100% (449)	100% (343)	100% (126)	100% (11)

10. Exercise regularly

Do you exercise regularly?

Asked of those who do any type of exercise program

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	81%	82%	81%	82%	79%	84%	81%	84%	79%	84%
No	18%	17%	19%	18%	20%	16%	18%	16%	21%	15%
Prefer not to say	1%	1%	0%	—	1%	0%	1%	—	1%	1%
Totals (Unweighted N)	100% (391)	100% (184)	100% (207)	100% (46)	100% (92)	100% (156)	100% (96)	100% (138)	100% (164)	100% (89)

	Race			Family Income				Region				
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Yes	81%	82%	78%	79%	79%	82%	83%	87%	87%	81%	79%	81%
No	18%	17%	22%	21%	20%	18%	17%	13%	13%	19%	21%	17%
Prefer not to say	1%	1%	—	—	1%	—	—	—	—	—	—	2%
Totals (Unweighted N)	100% (391)	100% (311)	100% (43)	100% (37)	100% (115)	100% (122)	100% (24)	100% (74)	100% (57)	100% (71)	100% (128)	100% (135)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Yes	81%	97%	85%	67%	49%	45%
No	18%	3%	15%	33%	51%	30%
Prefer not to say	1%	—	1%	—	—	24%
Totals (Unweighted N)	100% (391)	100% (51)	100% (247)	100% (74)	100% (14)	100% (3)

11. Frequency of exercise

How frequently do you exercise?

Asked of those who do any type of exercise program

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Daily	29%	34%	25%	38%	19%	28%	38%	27%	31%	28%
Several times a week	53%	50%	55%	39%	58%	59%	45%	55%	48%	59%
Several times a month	14%	14%	13%	14%	18%	11%	12%	10%	17%	12%
Several times a year	2%	1%	2%	3%	1%	—	4%	4%	1%	—
Less than once a year	1%	—	2%	6%	0%	—	—	3%	0%	1%
Prefer not to say	2%	1%	2%	—	3%	1%	1%	1%	2%	1%
Totals (Unweighted N)	100% (392)	100% (184)	100% (208)	100% (47)	100% (92)	100% (156)	100% (96)	100% (138)	100% (165)	100% (89)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Daily	29%	26%	43%	33%	29%	30%	23%	27%	31%	23%	31%	30%
Several times a week	53%	57%	38%	40%	49%	56%	59%	57%	54%	58%	54%	45%
Several times a month	14%	14%	14%	13%	14%	11%	18%	15%	9%	16%	11%	18%
Several times a year	2%	1%	3%	4%	2%	4%	—	—	—	3%	3%	0%
Less than once a year	1%	0%	2%	6%	4%	—	—	1%	5%	—	1%	—
Prefer not to say	2%	1%	—	5%	3%	—	—	—	—	—	—	6%
Totals (Unweighted N)	100% (392)	100% (311)	100% (43)	100% (38)	100% (116)	100% (122)	100% (24)	100% (74)	100% (57)	100% (71)	100% (129)	100% (135)

	Total	Physical fitness rating				
		Excellent	Good	Only fair	Poor	Prefer not to answer
Daily	29%	52%	27%	22%	22%	45%
Several times a week	53%	44%	57%	52%	18%	—
Several times a month	14%	3%	12%	21%	46%	—
Several times a year	2%	—	1%	2%	15%	—
Less than once a year	1%	—	1%	2%	—	—
Prefer not to say	2%	—	2%	—	—	55%
Totals	100%	100%	100%	100%	100%	100%
(Unweighted N)	(392)	(52)	(247)	(74)	(14)	(3)

12. Exercise plan

When you exercise, do you create your own exercise plan/routine, participate in group exercise classes (e.g. Zumba, aerobics, spin class) or do you follow a commercially available exercise plan (e.g. P90X, Insanity)? (Select all that apply.)

Asked of those who do any type of exercise program

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Create my own exercise plan/routine	82%	85%	79%	80%	85%	81%	80%	78%	85%	80%
Group exercise classes	8%	3%	13%	6%	8%	9%	10%	16%	7%	2%
Commercial exercise plans	6%	6%	5%	5%	12%	2%	4%	3%	5%	9%
Other	9%	6%	12%	6%	3%	14%	14%	10%	7%	14%
None of these	8%	8%	9%	15%	13%	4%	5%	7%	10%	6%
Totals	(392)	(184)	(208)	(47)	(92)	(156)	(96)	(138)	(165)	(89)

	Race			Family Income				Region				
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Create my own exercise plan/routine	82%	85%	74%	69%	72%	89%	93%	82%	81%	85%	81%	81%
Group exercise classes	8%	9%	10%	7%	8%	4%	3%	15%	7%	7%	9%	11%
Commercial exercise plans	6%	5%	6%	8%	5%	4%	4%	12%	6%	7%	5%	5%
Other	9%	10%	5%	8%	8%	7%	3%	15%	7%	6%	9%	15%
None of these	8%	6%	15%	17%	16%	5%	—	4%	12%	7%	9%	6%
Totals	(392)	(311)	(43)	(38)	(116)	(122)	(24)	(74)	(57)	(71)	(129)	(135)

	Total	Physical fitness rating				
		Excellent	Good	Only fair	Poor	Prefer not to answer
Create my own exercise plan/routine	82%	85%	80%	87%	83%	45%
Group exercise classes	8%	12%	10%	3%	—	—
Commercial exercise plans	6%	6%	7%	2%	4%	—
Other	9%	11%	9%	9%	7%	—
None of these	8%	7%	8%	8%	6%	55%
Totals	(392)	(52)	(247)	(74)	(14)	(3)

13. Member of a gym

Are you currently a member of a gym or health club?

	Gender			Age				Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	16%	17%	16%	16%	16%	15%	21%	18%	15%	17%
No	82%	81%	83%	82%	82%	85%	78%	82%	82%	82%
Prefer not to say	2%	2%	1%	3%	3%	0%	1%	0%	3%	1%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(997)	(490)	(507)	(168)	(236)	(396)	(192)	(356)	(426)	(215)

	Race				Family Income				Region			
	Total	White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Yes	16%	17%	12%	18%	11%	16%	20%	24%	18%	17%	15%	18%
No	82%	82%	88%	79%	88%	84%	80%	74%	80%	83%	84%	80%
Prefer not to say	2%	1%	—	4%	1%	—	—	1%	2%	1%	1%	2%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(997)	(791)	(107)	(99)	(357)	(283)	(49)	(147)	(161)	(189)	(329)	(318)

	Physical fitness rating					
	Total	Excellent	Good	Only fair	Poor	Prefer not to answer
Yes	16%	27%	21%	10%	12%	—
No	82%	73%	78%	89%	88%	53%
Prefer not to say	2%	—	1%	1%	—	47%
Totals	100%	100%	100%	100%	100%	100%
(Unweighted N)	(997)	(66)	(449)	(342)	(125)	(11)

14. Length of gym membership

When did you first sign up for a gym or health club membership?

Asked of those who are members of a gym or health club

	Gender		Age				Party ID			
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Just recently signed up	6%	2%	11%	3%	8%	7%	6%	12%	4%	1%
More than a month ago	17%	23%	10%	27%	19%	12%	13%	8%	14%	37%
More than six months ago	15%	12%	17%	16%	28%	4%	9%	17%	14%	12%
More than a year ago	56%	56%	57%	41%	45%	73%	62%	59%	58%	48%
Don't remember	6%	7%	5%	12%	—	4%	11%	4%	10%	1%
Totals (Unweighted N)	100% (171)	100% (83)	100% (88)	100% (24)	100% (39)	100% (63)	100% (44)	100% (70)	100% (65)	100% (36)

	Total	Race			Family Income				Region			
		White	Black	Hispanic	Under 40	40-80	80-100	100+	Northeast	Midwest	South	West
Just recently signed up	6%	5%	15%	6%	19%	5%	—	1%	6%	9%	5%	5%
More than a month ago	17%	15%	4%	31%	14%	16%	30%	21%	18%	3%	28%	12%
More than six months ago	15%	14%	14%	19%	22%	14%	25%	8%	3%	18%	19%	16%
More than a year ago	56%	59%	62%	42%	38%	66%	45%	68%	68%	66%	37%	65%
Don't remember	6%	7%	5%	2%	8%	—	—	2%	4%	3%	12%	2%
Totals (Unweighted N)	100% (171)	100% (139)	100% (15)	100% (17)	100% (44)	100% (49)	100% (12)	100% (36)	100% (31)	100% (33)	100% (45)	100% (62)

	Total	Physical fitness rating				
		Excellent	Good	Only fair	Poor	Prefer not to answer
Just recently signed up	6%	3%	8%	6%	—	—
More than a month ago	17%	4%	20%	15%	11%	—
More than six months ago	15%	6%	13%	15%	32%	—
More than a year ago	56%	75%	56%	55%	40%	—
Don't remember	6%	12%	3%	8%	16%	—
Totals (Unweighted N)	100% (171)	100% (22)	100% (100)	100% (35)	100% (14)	0% (-)